

# Healing?

How authentic and possible can it be whilst living in the mainstream?

# Helem Yumba

Means Healing Place



## Our Vision

Our People are proud, strong and connected.

We choose our own way.

## Our Purpose

To be a place of healing for our People.

# Program Areas

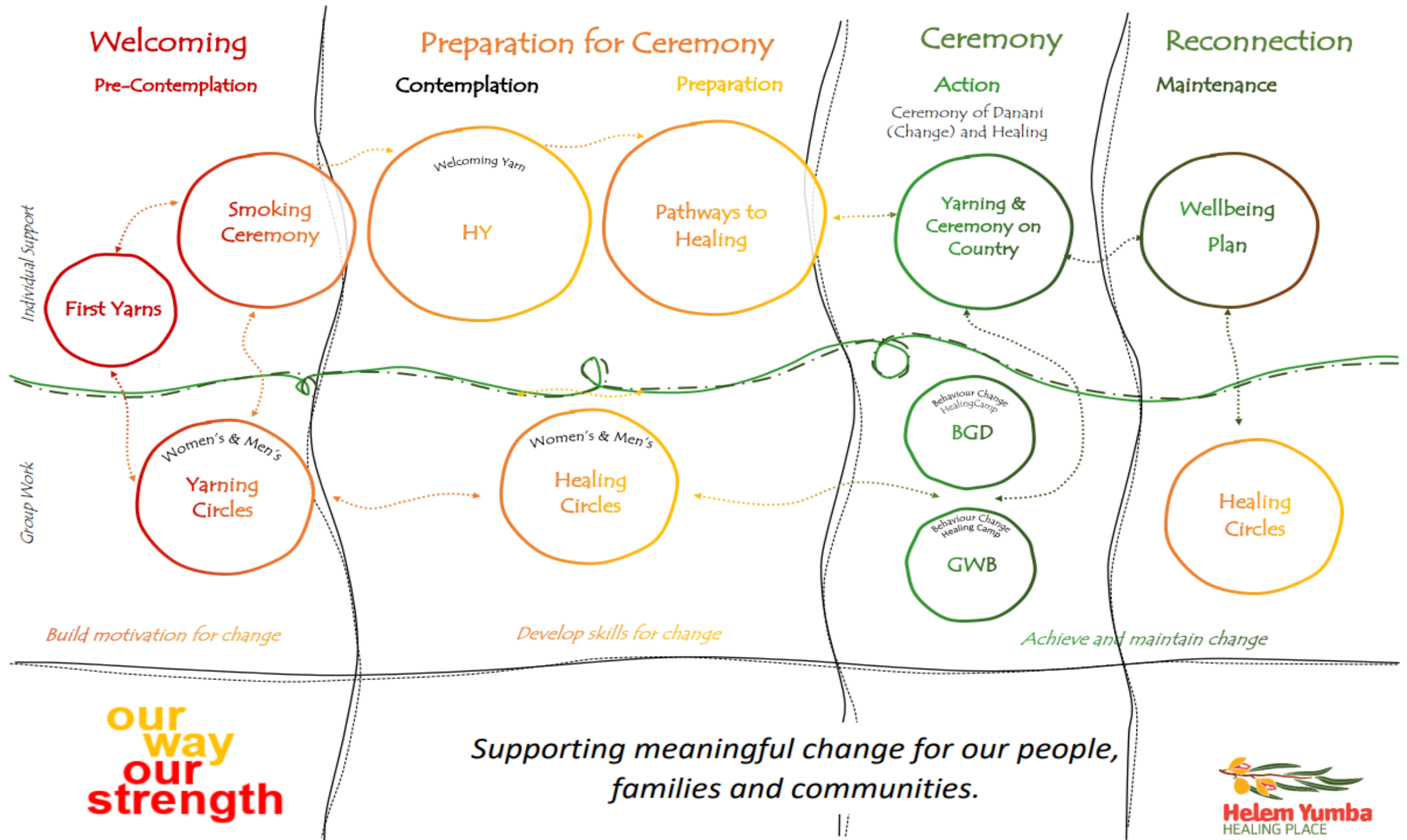
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graph TD; A[Program Areas] --> B[Healing and Recovery]; A --> C[Healing and Wellbeing]; B --- D[Mental Health and Addictions]; C --- E[Domestic and Family Violence];
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## Healing and Recovery

Mental Health and Addictions

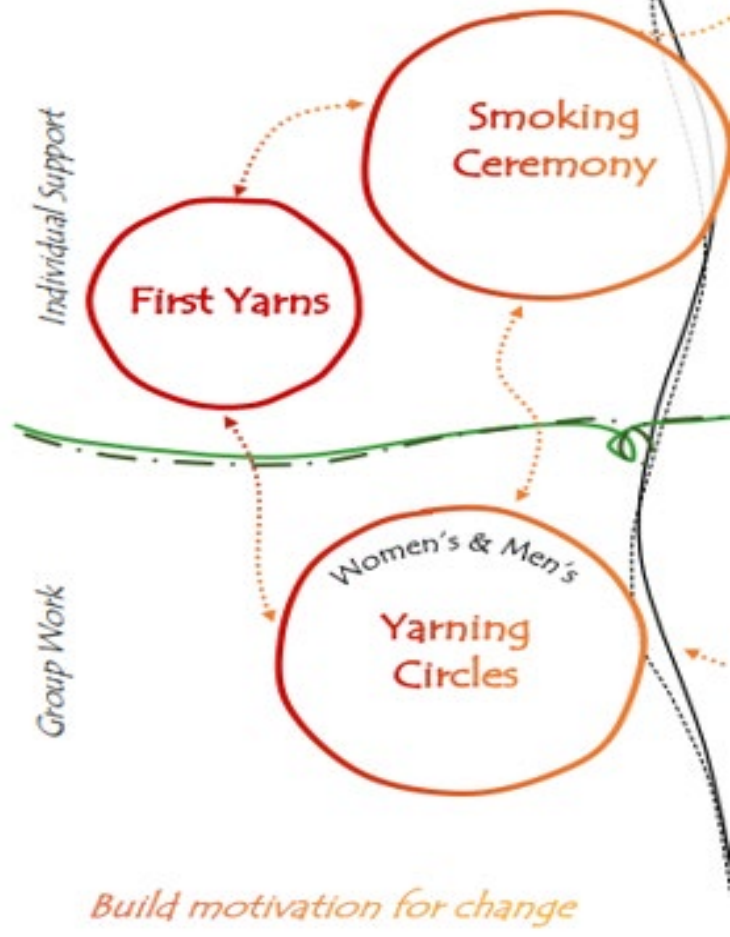
## Healing and Wellbeing

Domestic and Family Violence





# Welcoming Pre-Contemplation

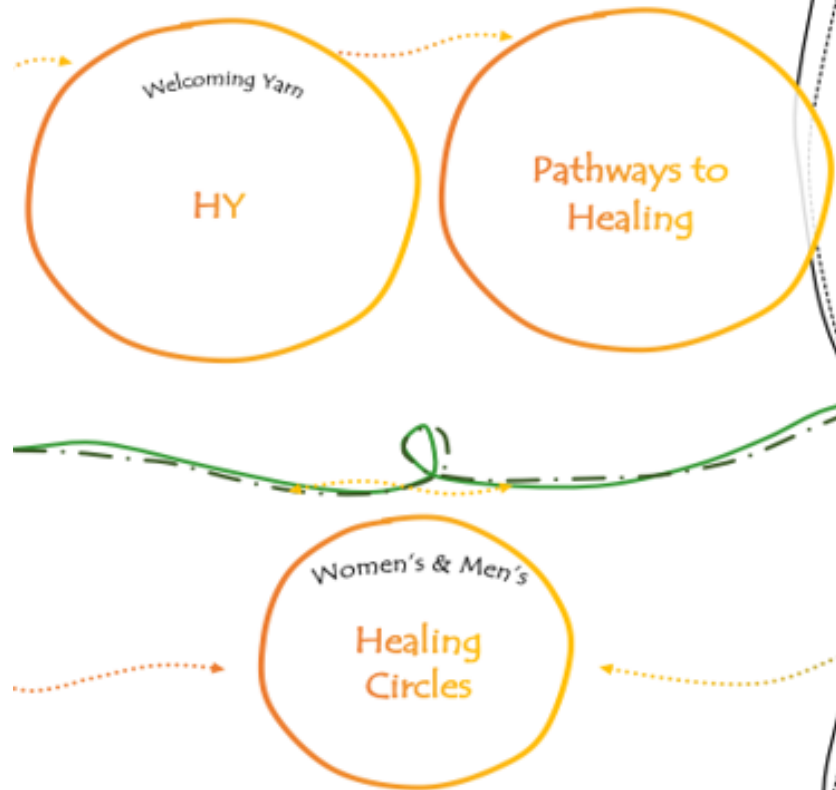




# Preparation for Ceremony

Contemplation

Preparation



*Develop skills for change*



